

GROUNDING YOURSELF

WHAT DOES IT MEAN TO GROUND YOURSELF?

To ground yourself simply means to be aware of your physical body. Learning to ground yourself is a tool that will last you through a lifetime of spiritual explorations - it's one of the essential tools of the trade.

To put into perspective why a grounding method is necessary, think of yourself as having many parts. You have your mind, your emotions, and your spiritual being. As you focus with intention on healing and psychic practices, if you have a particularly strong intention, need, or emotion, you may end up merging your focus with one part of you - such as your emotions or spiritual energy - to the exclusion of your physical body. You may get swept up into an experience. This is the cause of feeling ungrounded, and it's easily addressed.

Experiencing this sort of escape happens regardless of whether you're in psychic training, by the way - we all catch ourselves being "too much in our head," or "lost in emotions," and when this happens, it's hard to stay as present as one could be. So it's important to have some tools to come back to center. Putting our attention onto Spirit, which is nonphysical, requires a practice of leaning back into the physical world, so that we feel solid, focused, and in the present moment.

The most basic, universal way to ground your energy is to create what's called a "grounding cord." This is a metaphysical link that reminds you to remain connected to the physical world. You create it by visualizing it, and intending for it to be there, and this creates a literal energetic cord that links you to the earth.

Ways to Envision Your Grounding Cord:

- Grounding creates an energetic connection between 1st chakra and the planet.
- It is created through visualization and intention.
- The grounding cord can be visualized in different forms, colors and shapes - whatever helps you feel connected to the earth.

CREATING YOUR GROUNDING CORD

How to Create Your Grounding Cord

(We will follow this up with an audio meditation, but here is a quick method you can try right now)

- Sit with your feet on the ground.
- Relax and take several deep breaths.
- Focus your attention on your root chakra at the base of your spine.
- Think about aspects of nature that speak to you. Maybe you enjoy the forest, or a specific tree - maybe the wilderness is more your thing, or perhaps a campout by the lake. Feel appreciation and connection with this environment.
- Cultivate a light feeling of peace, safety and freedom as you envision your cord going down from your root chakra and into the earth. Greet the various layers beneath the ground, including water and stone. See your cord creating roots into core, or perhaps the roots wrap around or embrace the core.
- Draw attention in particular to the bottom of your feet. You may even try scrunching your toes to grip the ground beneath you. Feel a magnetic pull from your feet to the ground, your legs to the ground, and from your root chakra to the ground.
- Notice how your body feels. If you wish, repeat the grounding affirmations below, or create some of your own:

Grounding Affirmations

I AM GROUNDED

I am a part of the earth

I am calm, grounded and peaceful.

I am safe

I am loved

I am contained

I am taken care of

I trust myself and my path

>> Next, listen to the .mp3 audio file “Grounding Meditation” to experience a guided grounding sequence involving the above steps as well as creating a grounding cord.